



## BOAT /CANOE

(Please read carefully section F of the Championship Rules, particularly regarding limitation of entries)

Can you bring a canoe? YES  NO  and or canoeist if requested? YES  NO  **Tick as applicable**

IF YES, PLEASE GIVE DETAILS OF:

CANOEIST:

Name \_\_\_\_\_

Do they have: BLDSA Canoe Escort  
/ BCU Level 2?

### International Swimmers

PLEASE NOTE: CIVIL LIABILITY INDEMNITY AND PERSONAL ACCIDENT COVER IS ONLY PROVIDED TO THOSE MEMBERS OF THE BLDSA WHO ARE UK RESIDENTS.

INTERNATIONAL COMPETITORS MUST ATTACH A COPY OF A 2012 MEMBERSHIP CARD FROM YOUR COUNTRY'S GOVERNING BODY OR EVIDENCE OF ALTERATIVE PERSONAL INSURANCE WHICH COVERS PARTICIPATION IN OPEN WATER SWIMMING EVENTS.

### CERTIFICATE OF SWIMMING ABILITY

I certify that in my opinion and having regard to the nature of this Championship, I am competent to complete the distance.

SIGNED:

NAME:

DATE:

Average time to swim a mile? \_\_\_\_\_

### MEDICAL DECLARATION

"In the event of an emergency, is there any information which rescue personnel, first aiders or ambulance crews/hospital may need to know in order to assist you? Please include details of any medical conditions (including specific instructions for treatment in an emergency, if applicable), disabilities (e.g. mobility restrictions, visual impairments, deafness, learning difficulties, and any subsequent special requirements), or any other information which could be relevant in the event of an emergency. This information will be held in confidence and distributed only to rescue and safety officials"

Do you have any medical problems we should be aware of? YES  NO

If yes please list these here: \_\_\_\_\_

Should you require medical assistance at this event is there any special medication or treatment you require? If so please list this here: \_\_\_\_\_

I declare that if I enter the swim whilst pregnant, I will inform the swim secretary at the earliest possible opportunity, and will provide him/her with a letter from a doctor or midwife confirming my suitability to enter the event. I understand that entry may be refused to pregnant swimmers at the discretion of the swim secretary, following a risk assessment" Signed \_\_\_\_\_

*IT IS YOUR RESPONSIBILITY TO MAKE SURE YOU HAVE YOUR MEDICATION*

### DECLARATION

1. I am an eligible competitor in accordance with the B.L.D.S.A. Championship Rules.
2. I have read, understand and will abide by the B.L.D.S.A. Championship Rules.
3. I am a fully paid up member (or life member) of the B.L.D.S.A.
4. The particulars given on this entry form are true.
5. I am not suffering from any illness or disability known to me which would render my participation in this Championship inadvisable. **(A MEDICAL EXAMINATION MAY BE REQUIRED)**
6. "I acknowledge that I am aware of all the risks inherent in open water swimming. I hereby waive any and all rights to claims for loss or damages, arising out of my participation in this event, against the B.L.D.S.A. or any individuals officiating or supervising this B.L.D.S.A. event."

I acknowledge that the B.L.D.S.A. relies entirely on the contents of this Entry Form in accepting my request for inclusion in these Championships.

SIGNATURE OF ENTRANT:

DATE:

SIGNATURE OF PARENT:

DATE:

(If entrant is under 18 years of age)

### PLEASE RETURN THIS FORM (WITH FEE) TO:

Steve Brearey, 6 New Cottages Plough Lane, Chester, CH3 7PU. Tel: (01244) 335062. Mobile: 07538072188

Email: breareys@btinternet.com

**Cheques, Postal Orders etc are to be made payable to "B.L.D.S.A."**

**Please enclose a stamped addressed envelope with the entry form.**



# BRITISH LONG DISTANCE SWIMMING ASSOCIATION

## River Dee Swims

### Aldford to Chester "Bridge to Bridge" and Eccleston to Chester "Ferry to Ferry"

#### INFORMATION SHEET

**Date of Swim:** Saturday 8<sup>th</sup> September 2012

**Venue:** Aldford to Chester and Eccleston to Chester

**Time:** Events, each limited to 50 competitors

Aldford Iron Bridge to Queens Park footbridge Approx 6 miles. 0830 registration, 09:30hrs briefing, 10:00hrs start.

Eccleston Ferry to Queens Park footbridge Approx 3 miles. 1000 registration, 11:00hrs briefing, 11:30hrs start

**Distance:** 6 miles, 3 Miles. A footpath runs the full length of the course along the river for friends and family who wish to support the swimmers

**Entry Fee:** £25.00 (6 miles) £15.00 (3 miles) (Please make cheques payable to the B.L.D.S.A)

#### **Registration:**

##### **6 mile swim**

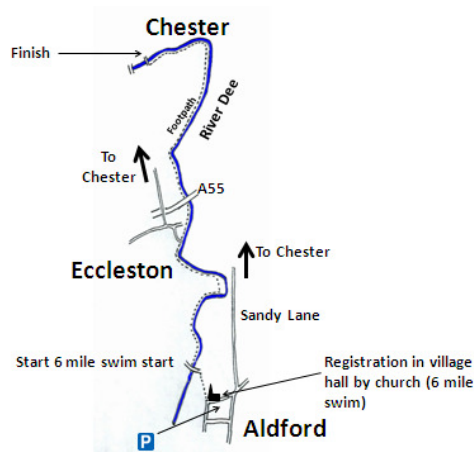
8:30am - please report with canoeist to the Swim Secretary upon arrival at:

Village Hall, Church Lane, Aldford, CH3 6JE.

**Please allow 10min to walk to river from Village Hall.** Transport will be available to take canoes to the river if you are unable to carry them.

**Briefing:** 9.30am by boathouse, next to Iron Bridge

**Start** 10:00am from under the Iron Bridge

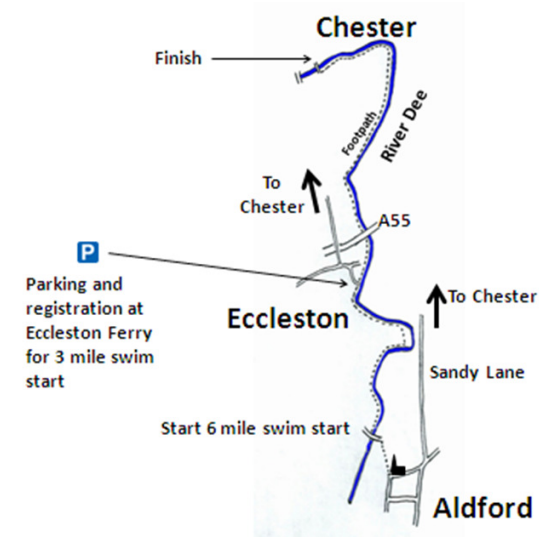


##### **3 mile swim**

**Registration:** 10:00am - please report with canoeist to the Swim Secretary upon arrival at:

Car park by river, off Paddock Rd, Eccleston, CH4 9HP. Please note it is possible to walk to the 3 mile swim start from Aldford, if you have a friend swimming the 6 mile swim.

**Briefing:** 11.00am



**Awards:** Trophies for 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> in both 6 and 3 mile event mens and womens.

**Presentation:** The presentation for the 6 mile and 3 mile swims, will take place, near the finish by Queens park footbridge once all swimmers are out of the water. People intending to drive to the finish should follow the brown signs to River Dee once in Chester or use an NCP car park and then walk to the Groves by the riverside next to the footbridge.

**Facilities:** Hot drinks, food and toilets are available at the Groves Café near the finish. Toilets are available at Aldford Village Hall.

#### **How to get there:**

##### **How to get to Aldford for 6 mile race:**

Aldford is located 6 miles south of Chester. As you drive into the village from Chester along Sandy Lane (see map), cross a small stone bridge and take the first right turn. The village hall is on the right before the church. Car parking is opposite the village hall.

##### **How to get to Eccleston Ferry for 3 mile race:**

Exit A55 Jn 36 and take A483 towards Wrexham. At the next roundabout turn left at the first exit. Then take the next left, sign posted Eccleston. Drive into village after about 1 mile and follow road around to the right. Follow road until you get to the car park by the river.

#### **Accommodation:**

##### **Camping:**

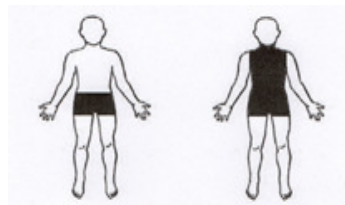
Manorwood Country Caravan Park, Manor Wood, Coddington, Chester CH3 9EN (01829 782990)

Birch Bank Farm, Stamford Lane, Cotton Edmunds, Cheshire CH3 7QD (01244 335233)

Otherwise, plenty of B&Bs and hotels in Chester. [www.visitchester.com](http://www.visitchester.com)

#### **Costumes**

No costume must extend outside the highlighted area detailed in the picture below



Please Return entry form to: Steve Brearey, 6 New Cottages, Plough Lane, Chester, CH3 7PU. Tel 01244 335062. mobile: 07538072188 Email: [breareys@btinternet.com](mailto:breareys@btinternet.com).